

VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – September 2014

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
1	2	3	4	5
CLOSED LABOR DAY	Zucchini Salad Beef Tacos Salsa/Tomatoes/Lettuce Beans Fruit/Milk	Carrot/Pineapple Salad Pork Carne Adovada Spinach Refried Beans/Tortilla Peach Cobbler Fruit/Milk	Beet & Onion Salad Meatloaf Mixed Vegetables Mashed Potatoes/Gravy Roll Fruit/Milk	Salad Chicken Teriyaki Oriental Vegetables Rice/Crackers Fruit/Milk
8	9	10	11	12
Carrot Salad Fish Sandwich Broccoli Tators Fruit/Milk	Salad Beef Tacos Salsa/Tomatoes/Lettuce Spinach/Beans Fruit/Milk	Carrot Salad Roast Pork Broccoli Mashed Potato/Roll Fruit/Milk	Cole Slaw Chili Cheese Dog Onions/Peppers Ranch Beans Fruit/Milk	Cucumber Salad Chicken Salad Sandwich Lettuce & Tomato Potato Chips Fruit/Milk
15	16	17	18	19
Tomato/Onion Salad Hot Turkey Sandwich Brussel Sprouts Mashed Potatoes Fruit/Milk	Cole Slaw Beef Tacos Salsa/Tomato/Lettuce Vegetables/Beans Fruit/Milk	Green Chile Cheeseburger Lettuce/Tomato/Onion Tators Fruit/Milk	Salad Chicken Strips Carrots Rice Fruit/Milk	Cucumber Salad Tuna Salad Sandwich Lettuce & Tomatoes Chips Fruit/Milk
22	23	24	25	26
Tamale W/Red Chile Lettuce & Tomato Spinach Spanish Rice Fruit/Milk	Zucchini Salad Beef Tacos Salsa/Tomato/Lettuce Corn & Peppers Refried Beans Fruit/Milk	BF Potluck/ Birthday Party With Fiddlers & Musicians Of NM	Green Chile Chicken Enchiladas Spinach Refried Beans Fruit/Milk	Salad Polish Sausage Sauerkraut Onions/Bell Peppers Ranch Beans Fruit/Milk
29	30			
Cole Slaw BBQ Pork Onions/Jalapenos Seasoned Fries Fruit/Milk	Corn & Pepper Salad Beef Tacos Lettuce/Tomato/Salsa Refried Beans Fruit/Milk			